



Council on Sexual Assault & Domestic Violence Inc.
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1-800-982-7233
LeMars (712)546-6764
www.safefromabuse.com

Remembering the Council on Sexual Assault and Domestic Violence in your estate plans is a simple way to continue your support of CSADV's mission after your lifetime. Your commitment is a reflection of your values, and ultimately, your legacy. To find out more about how you can help victims of violence for years to come contact CSADV at 712-277-0131.

Get Involved * Volunteer!

Want to make a difference in your community but trying to figure out how? What about thinking of ways to get your employees, co-workers or civic group members out making a difference? CSADV is a **great** place to volunteer! We are looking for help both in the agency and for special events. We have many opportunities for volunteers who would like to come and help out in shelter. Since we are a crisis shelter and available 24/7, we can usually meet the needs of your schedule. Don't have a lot of time but still want to help? We are always looking for volunteers to help with our special events and fundraisers. Generally these don't require a huge time commitment and you will feel good knowing you helped victims of violence in *OUR* community! We welcome businesses or civic groups who are thinking about getting involved with local agencies to make a difference. If you, your business or civic group is interested in getting involved, call Stephanie (277-0131) to arrange for a time to come speak to you or your organization about the MANY opportunities at CSADV.

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Council on Sexual Assault & Domestic Violence

February 2011 Newsletter

April is:

SEXUAL ASSAULT AWARENESS MONTH

April is National Sexual Assault Awareness Month (SAAM). Observed each April, SAAM is dedicated to raising awareness about and promoting the prevention of sexual violence through purposefully organized events and community outreach. Although such activities can occur throughout the year, April provides an opportunity for anti-sexual assault organizations to present a unified voice.

The origins of SAAM can be traced back to the late 1970's and early 1980's with the coordination of Take Back The Night rallies across the United States. In 2001, several national partners declared April to be the official month to focus on sexual assault awareness.

This year's National theme is "It's time...to get involved". Sexual assault is a social issue that impacts all members of our communities. When one person is harmed, the assault begins a silent, ripple effect into the lives of others. This is especially true in the workplace. The business community loses time and money through absenteeism and/or low productivity.

Sexual assault affects the overall health and well being of those who have been victimized. The intensity is dependent upon several factors, such as the kind of assault, the relationship of the victim and offender, and the victim's support system. Life threatening wounds and death are known to occur, but the majority of sexual assault victims experience physical pain, bruises, cuts, and scratches. Common concerns are contracting sexually transmitted diseases and HIV, and for females, pregnancy. It is, however, the psychological and emotional trauma that linger well past the time of the assault. These are difficult to identify, they have the greatest impact, and take longer to heal.

The research of Ann Wolbert and Lynda Lytle Hostrom indicates that many victims experience a profound fear of being killed during the attack, and have identified the effect of the fear as Rape Trauma Syndrome (RTS). It is not unusual for people who have experienced sexual assault to become quiet and reclusive, extremely angry or cry for no apparent reason. Nor is it unusual for them to change their appearance in dress or hairstyle, take several daily baths or showers, not eat or over eat, complain of various physical conditions and insomnia, avoid work or lose interest in activities and friends that they used to enjoy. Some may misuse alcohol and/or drugs, become sexually promiscuous or reject their sexual partner. These are coping mechanisms developed to avoid acknowledging the sexual assault, while attempting to stay safe and reorganize their life.

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Did you know that in 2010, CSADV provided 4935 nights of shelter. See inside of newsletter to learn how you can help provide a "Night of Shelter"

Upcoming Events

- April is **Sexual Assault Awareness** month. Details to come!
- **Monday May 23rd** is our first CSADV "Driving" Out Violence Golf Classic. Foursomes are forming. Contact CSADV for more information.
- **Friday June 17th & Saturday June 18th** is Awesome Biker Nights. CSADV is selling raffle tickets for your chance to win your choice of cash or a new motorcycle
- Save The Date! **Margaritas, Manicures & Massages** is **August 11th**. If you would like to volunteer as a manicurist, massage therapist or would like to have a vendor table contact us @ 277-0131.

For more info visit our **NEW** website:
www.safefromabuse.com

We appreciate your help with fundraisers!
To sign up to get involved, contact Stephanie at the number listed above.

Agency Wish List

- | | |
|------------------------------|--|
| *Can Openers | *Coffee |
| *Canned Goods | *Paper Products |
| *Kitchen Utensils | *Small Trash Cans |
| *"Nights of shelter" Sponsor | *Glad/Ziplock kitchen storage containers |
| *Cookie Sheets | *Buy/sell raffle tickets |
| *Ice Melt | *Gas/Gift Cards to Walmart or Hy-Vee |
| *Pain Relievers | *twin bed sheets |
| *Bleach | |

Get Ready To Golf!

CSADV's 1st "Driving" Out Violence Golf Classic

Please bring your golf clubs and join us for a day of fun in the sun on Siouxland's top golf courses- The Dakota Dunes Golf Course! CSADV is proud to sponsor the **1st "Driving Out Violence" Golf Classic** on Monday, May 23, 2011. Proceeds from this year's event will support victims of domestic violence and sexual assault in OUR community.

We urge you to support this fundraising event. You can register to golf, put together a foursome, become a tee/green sponsor, make a charitable contribution or provide an in-kind donation.

The day will include golf, refreshments on the course and many prizes. We will offer chances to win great prizes on the course. Following golf, a banquet dinner will be held at the Dakota Dunes Golf Course, giving you a chance to win even more prizes.

If you would like to sign up, please contact Misty @ 277-0131



Thank you!

CSADV would like to say thank you and farewell to two volunteers who have truly made a difference. **Bev Wolf** has been responding to victim needs at the hospital since 2000. **Helen Clinkenbeard** has been volunteering here since 2007 by coming in weekly to play BINGO with shelter clients and their children. We wish you two the best of luck with your future endeavors.

SA Month Continued:

The greatest fears that survivors have, are not being believed, being blamed, and assaulted again. According to Resick and Schnicke (1993) these concerns relate to the loss of feeling safe, having control over their life, trusting themselves and others, self-worth and involvement in intimate relationships. Consequently, depression and Post Traumatic Stress Disorder (PTSD) are common, and many people never fully recover. Thoughts of suicide are also common, primarily from feeling frightened, alone and hopeless. When concerns about the changes seen in their personality and behaviors are brought to light, sexual assault survivors often respond with denial, hostility or silence, leaving them feeling alienated and frustrated.

To assist a survivor, listen without judgment, believe them, let them know they are not to blame, help them feel safe, and provide choices.

To end sexual violence in the work place, speak out against sexist language and jokes, whistling or sexual physical gestures that degrade others. Learn more about sexual assault and how you can become actively involved to put an end to this violence. Contact the Council on Sexual Assault and Domestic Violence at 258-7233.

Information

Monday, May 23rd 2011
 Shotgun Start @1pm
 \$200 Entry Fee/per person
 Dakota Dunes Golf Course
 Banquet to follow at the Dunes Golf Course

Sponsorships!

Sponsorships are available at the following levels:

- Fore Family Sponsorship \$5,000 (golf for 4)
- Shelter Scramble Sponsorship \$2,500 (golf for 2)
- Chip Shot for Children Sponsorship 1,200 (golf for 1)
- Tee/Green Sponsorship \$150

Each sponsorship includes a round of golf, admission to banquet, super tickets and signage both on the golf course and at banquet. Number of benefits vary by sponsorship level.

Who Are Rape Victims?

- 1/6 American women & 1/33 men are victims of attempted or completed rape
- Approximately 2/3 of rapes were committed by someone known to the victim
- By race the statistics for women are:
 - 17.7% White
 - 18.8% African American
 - 6.8% Asian Pacific
 - 34.1% Native American
 - 24.4% Mixed Races
- 15% of rape victims are under 12 years old
- Every 2 minutes someone in the United States is sexually assaulted
- 60% of rapes are not reported to police, making sexual assault the most under reported crimes
- If not for historic gains made in the last decade, an additional 2,546,420 Americans would have become victims of sexual violence.

Statistics from Rape, Abuse & Incest Network (RAINN) website

I can help provide nights of shelter—



Name(s): _____ Phone # _____
 Address: _____ (Using credit card? Provide physical)

Enclosed is my/our gift of...(Checks payable to CSADV)

- _____ \$1000.00 to sponsor a family of 3 for 30 nights in shelter
- _____ \$500.00 to sponsor a mother and child 20 nights in shelter
- _____ \$350.00 to sponsor a mother and child 14 nights in shelter
- _____ \$150.00 to sponsor one woman 12 nights in shelter
- _____ \$50.00 to sponsor a mother and one child for 2 nights in shelter

_____ \$25.00 to sponsor a woman 2 nights in shelter

_____ I/We pledge \$ _____ per month. Please send an invoice.

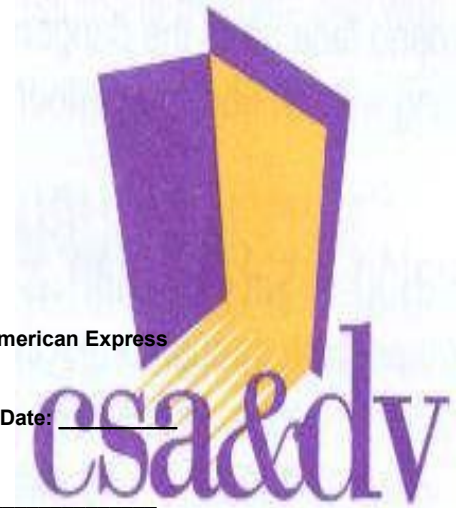
_____ Donation of any amount is appreciated. Please charge my _____ MC _____ Visa _____ American Express

Please accept my gift in memory/honor of: _____

Send acknowledgement to the following address: Card #: _____ Exp. Date: _____

Signature: _____

Mail to: CSADV, PO Box 1565, Sioux City, IA, 51102-1565 or Call 712-277-0131



Check us out!

Check us out online. Now there are two ways to connect to CSADV. Our website www.safefromabuse.com has recently been given a makeover. Check it out to view current events, information on domestic violence and sexual assault, information to get involved and to make a donation.

Along with our new website, we have also been very fortunate to be able to partner with Verizon and local area high school students to maintain our Facebook page:

www.facebook.com/siouxlandteens.com

This is a great way to get connected with other members of the community who recognize the problem of teen dating violence. If you or your teenager is apart of Facebook, we encourage you to become a member of our page.



Local Family Raises Money for CSADV

"Giving generations of people memories of a lifetime."

After losing his battle with cancer over a year ago, Mark Wilmes family has began a tradition that really "lights" up Sioux City.

The Wilmes family has set up their very own light show which consists of over 17,000 lights, complete with synchronized music that driver-bys can listen to on the radio.

The Wilmes first started their light show in 2009 and donated the proceeds to the June E. Nylén Cancer Center. To keep the spirit alive, they decided to make it even brighter and add more to the display this holiday season. In the end they raised over \$500 which was donated to CSADV. We would like to extend a sincere thank you to the Wilmes family for thinking of CSADV during this holiday season.



Photo courtesy of Pam Wilmes.

The quote at the beginning of the story was taken from the family website. To view more about the light show and the Wilmes Family visit:

www.wilmesfamilychristmas.com

If you or your business would like to get involved for SA Month, call 277-0131 and ask for Kemi.